

# ALS

Volume V

Issue 8

## November is National Family Caregivers Month

*The following is part 1 of a story written by a woman whose sister with ALS is helped by a caregiver group who share in her care and find they receive as much as they give.*



We are brain power, muscle and talent. We are the medicine the doctors don't have.



We call ourselves the Reevettes. We are not a chorus line or a Motown band. We are a caregiver group and we take the name from my sister, Reeve. We are nearly 30 in number and among us there is a lawyer, a professor, a singer-songwriter, a software engineer, a chef, a radio producer, an image consultant and a human resources director; many of us are mothers and fathers, as well.

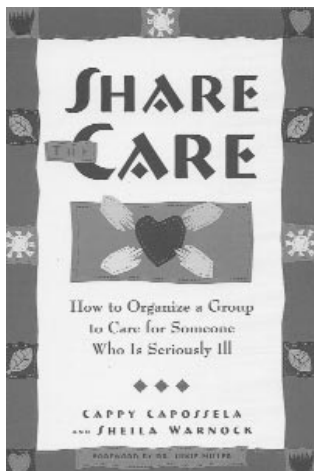
We are critical mass -- critical to my sister's well-being. We are brain power, muscle and talent. We are medicine the doctors don't have.

My sister has a terminal illness -- amyotrophic lateral sclerosis. No description of Lou Gehrig's disease ever seems apt. When I learned what ALS is, I actually wished my sister had cancer instead. At least there would be a treatment, some hope of remission and cure, and people would understand. It is difficult to describe the sense of loss and grief and isolation -- a relentless drumbeat in the distance growing louder -- that accompanies this disease as the tasks of daily living, one by one, become impossible.

Over three years, I have watched my sister, a woman of 40 at her diagnosis, go from a cane to a walker to a wheelchair. I have watched her lose the ability to get down on the floor to play with her niece and nephew, to write her name, to tie her shoes, to turn the pages of a book. She is losing the muscles that control her speech. Eventually she will be unable to swallow or breathe.

In the early months, when Reeve was first diagnosed, I grappled with trying to help her. She was in Boston; I was in Pittsburgh. I sent pumpkin bread. I sent books -- "Prayer is Good Medicine," "Anatomy of an Illness," "The Healing Mind."

*Continued on page 2*



Mark your calendar for **FESTIV-ALS** (Holiday Parties)

Salina - December 2 \* Kansas City - December 3

Omaha & Wichita - December 4

Springfield & Columbus - December 9 \* Joplin - December 16

See page 3 for party details.

## 2 • THE DIALOG

3 *Living with ALS - Continued from page 1*

2003 I looked into craniosacral therapy and Chinese medicine. I found a course for her called "Mindfulness Meditation." But I was tossing life preservers into a raging sea. Mostly, I felt guilty for not being there, and I worried. How was she going to cope as a single woman living on the third floor of a house?

NOV Who will put out the garbage? Who will change the light bulbs? Who will take the cats to the vet? One or two friends were filling in, but the list of tasks she needed help with was growing.

OCT / NOV The fear and sadness overwhelmed me at times. I knew I wasn't alone in my feeling of impotence. Friends of hers were saying, "Let me know if I can do anything." They wanted to help but didn't know how, and my sister, like many of us, didn't like asking.

OCT / NOV Then one day, my answer came in the mail. A friend sent an article about a book called "Share the Care: How to Organize a Group to Care for Someone who is Seriously Ill" by Cappy Capossela and Sheila Warnock. I ordered the book and began to read: "We live and prosper, sicken and die, too much alone..." Immediately I felt the relief that comes from being understood. Here, God was saying, is a road map.

I had a new baby, so it still took me a few months before I found the courage and the stamina to initiate "Share the Care." With my sister's help, we enlisted three of her friends to launch our group. No one wanted to think; we just wanted to act and the book made that easy with explicit directions. First off, we needed to organize a meeting of friends and acquaintances who might want to participate.

By Cary Marriott - *Cary Marriott is a free-lance writer. This article is from The Pittsburgh Post-Gazette, May 23, 2000. Part 2 will appear in the next issue of Dialog.*

### Resources:

SHARE THE CARE - By Cappy Capossela and Sheila Warnock

This book offers a sensible and loving solution for those overwhelmed by the responsibilities of care giving. Share The Care describes a unique group approach that can turn a circle of ordinary people into a powerful caregiver team.

### THE CARE TEAM NETWORK

In Birmingham, Alabama - This group offers a free newsletter, which you can receive by e-mail or can be viewed online at [www.careteam.org](http://www.careteam.org).

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*Introducing:*

## TRIBUTES

*A New Feature From The Keith Worthington Chapter*

An Opportunity to Share Appreciations - Testimonials - Inspirational Words  
As a Tribute to Someone You Care About

WHAT: A written tribute in 100 words or less - to be published in Dialog and on the web site      HOW: Compose your tribute and then either mail, fax or email it to:

WHO: A family member or caregiver shares a tribute to a loved one with ALS

A child writes of a parent with ALS

An individual with ALS honors a caregiver, family member or friend

A co-worker or friend writes a tribute to someone with ALS

A survivor (family or friend) remembers someone lost to ALS

The ALS Association  
Attn: Sally Dwyer  
8340 Mission Road, Suite B4  
Prairie Village, KS 66206

Fax: (913) 642-2431

Email: [sdwyer@alsa-midwest.org](mailto:sdwyer@alsa-midwest.org)

Share your tributes to others today!

The following is a **TRIBUTE** by Elizabeth Golson to her dad, John:

There were many times when I looked at him and felt lucky to have such a strong, loving father. It brought tears to my eyes, not of sadness, but of joy. Not a day passes that I do not think about my father. I wish that I could talk to him, hug him, laugh with him in person. I know though, that he is always with me, even though I cannot see him. I talk to him and ask for advice. I know he is listening and it makes me smile. He is the most amazing person I have ever met. I love you Dad and I know you can hear me.

## Advocacy Update

Presumptive Eligibility Approved and Effective Today - August 28, 2003

Steve Gibson, Vice President, Government Relations & Public Affairs

The Social Security Administration announced today that the inclusion of a presumptive eligibility ruling for persons with ALS has been approved by the Office of Management and Budget (OMB). The rulemaking is effective today and can be found in today's Federal Register listing. This new regulation is included as amendments to Parts 404 and 416 under Title 20 of the Code of Federal Regulations.

This disability status will make receiving disability benefits far less tedious and frustrating for ALS patients. In fact, it can help an ALS patient receive disability benefits months, and even years, before patients might have received benefits prior to this ruling. Upon gaining disability status, persons with ALS must still wait the 5-month period before they will receive their benefits.

The Advocacy Department is currently working with the Social Security Administration, as well as The ALS Association's Patient Services Department, to develop a Q&A information sheet about how this new rulemaking will impact ALS patients and their application process for receiving disability benefits. Once completed, this information will be shared with the ALS community to assist patients and families with the disability application process.

This rulemaking could not have happened if not for the tireless advocacy efforts by the hundreds of ALS Advocates who reached out to their Members of Congress during the National ALS Advocacy Day, as well as the efforts of those who wrote letters to their Members of Congress asking for their support of this rulemaking. Due to all of your requests, 82 Members of Congress sent a letter to Commissioner Barnhart requesting this important change.

Again, a special thanks goes to Mr. and Mrs. John Hunter from our Northeast Ohio Chapter, and to Duane Pohlman, chief investigative reporter for Channel 5 News in Cleveland, OH. This effort began by their initiative when John Hunter applied for but was denied disability benefits by his local Social Security Office because the office said that Mr. Hunter "could still walk with a normal gait." This outraged the Hunters and with the assistance of Mr. Pohlman, made the story public. They then traveled to Washington, D.C. last February, and we met with Members of Congress from the Ohio Delegation and made the claim for presumptive eligibility for ALS patients nationwide.

## FESTIV-ALS

Parties to honor people & celebrate the season! You and your family are invited to an evening of food and fellowship to celebrate families, donors and volunteers.

### Salina

Tuesday, December 2<sup>nd</sup> -- 6:00 pm  
Christ the King Lutheran Church  
111 West Magnolia Road  
Salina, Kansas  
Please RSVP no later than  
November 26<sup>th</sup>

### Omaha

Thursday, December 4<sup>th</sup> -- 6:30 pm  
Morning Star Lutheran Church  
331 South 85<sup>th</sup> Avenue  
Omaha, Nebraska  
Please RSVP no later than  
November 26<sup>th</sup>

### Springfield

Tuesday, December 9<sup>th</sup> -- 7:00 pm  
Cox Medical Center South  
3801 South National Avenue  
Springfield, Missouri  
Please RSVP no later than  
December 3<sup>rd</sup>

### Kansas City

Wednesday, December 3<sup>rd</sup> -- 6:30 pm  
St. Joseph Community Center  
1000 Carondelet Drive -  
I-435 & State Line  
Kansas City, Missouri  
(located near the emergency entrance  
of St. Joseph Health Center)  
Please RSVP no later than  
November 26<sup>th</sup>

### Columbus

Tuesday, December 9<sup>th</sup> -- 5:00 pm  
Trinity Lutheran Church  
Fellowship Hall  
2200 25<sup>th</sup> Street  
Columbus, Nebraska  
Please RSVP no later than  
December 3<sup>rd</sup>

### Joplin

Tuesday, December 16<sup>th</sup> -- 1:00 pm  
YMCA - 3404 West McIntosh Circle  
Room A, South Branch  
Joplin, Missouri  
Please RSVP no later than  
December 10<sup>th</sup>

### Wichita

Thursday, December 4<sup>th</sup> -- 6:30 pm  
Via-Christi St. Joseph Campus  
3600 East Harry (Harry and Hillside)  
Wichita, Kansas  
Please RSVP no later than  
November 26<sup>th</sup>

September 22, 2003

## New Research Involving Gulf War Veterans Could Provide Insight About ALS

Calabasas Hills, CA (September 22) - New research finds that veterans deployed to the Persian Gulf in the 1991 Gulf War have developed ALS (amyotrophic lateral sclerosis) at approximately twice the rate of veterans not deployed, according to a study published in the September 23 issue of *Neurology*, the scientific journal of the American Academy of Neurology.

The ALS Association (ALSA) played a key role in consulting with the Departments of Defense and Veterans Affairs, and the broader scientific community, in the decision to proceed with the research into the incidence of ALS in veterans of the 1991 Gulf War. ALSA recommended neurologists who have expertise in ALS for involvement in the study and also helped identify patient enrollees.

The study sought to identify all occurrences of ALS in the military after the start of the Gulf War. According to lead study author Ronnie D. Horner, PhD, of the National Institute of Neurological Disorders and Stroke, this study found that military personnel deployed to the Persian Gulf experienced almost twice the incidence of ALS than those who were not deployed to the region.

"The Gulf War ALS study should serve as a source of incremental knowledge in a body of future research to learn more about the occurrence of ALS in military veterans," said Mary Lyon, vice president of patient services. "This information, in turn, can lead to a better understanding of ALS and how one or more environmental exposures may contribute to the disease."

Known as Lou Gehrig's disease, ALS kills brain and spinal cord cells that control muscle movement, resulting in gradual muscle wasting and loss of movement. ALS usually strikes those between the ages of 40 and 70 and affects as many as 30,000 American at a given time.

"The challenge is in understanding what the environmental exposures may be that are responsible for the higher incidence," said Dr. Lucie Bruijn, ALSA science director and vice president. "The hope of course is that this will provide information about the disease mechanism."

The ALS Association also is collaborating with the Department of Veteran Affairs in a nationwide effort to enroll all living veterans with ALS in the National Registry of Veterans with ALS, the first registry to identify and track the health status of veterans with this progressive neurodegenerative disorder. The purpose of the registry is to identify veterans with ALS, make them aware of emerging treatment studies and offer them the opportunity to participate in research into potential causes of the disease. A scientific review committee of ALS experts will evaluate potential studies and recommend those with merit to the registry members. Dr. Bruijn is participating on this review committee.

The study by Dr. Horner was one of two articles that appear in the September 23 issue of *Neurology* on the topic of ALS in Gulf War veterans. Another article focuses on age of diagnosis and reports that the rate of ALS in young Gulf War veterans was more than two times greater than the general population. The issue also contained an editorial that expressed concern that the degree of excess risk is not convincing because of the small number of ALS cases.

"The study findings are very suggestive, although, as with all scientific research, there are limitations inherent, such as the small number of ALS cases, that must be considered, Lyon observed. "Whatever controversy that may follow publication of this manuscript should only intensify further inquiry into a possible association between military service and ALS."

"The ALS Association is committed to assisting the Department of Veterans Affairs in identifying veterans who have ALS and who may become the key to a deeper understanding of any links between military service and this disease," Lyon added.

The ALS Association is the only national not-for-profit voluntary health organization devoted solely to the fight against ALS. For more information about The ALS Association, visit their website at <http://www.alsa.org>.

## Support Group News

### Kansas City

The Kansas City night support group had 21 in attendance at the August 5<sup>th</sup> meeting. The speaker was Brian McKiernan, PT, PhD, who told the group about range of motion and stretching exercises, and the importance of good posture and deep breathing. The speaker for the September 2<sup>nd</sup> meeting was Kathy Pendleton, a Social Worker from Turning Point. She talked with the group about programs for children, adults, for those with illnesses and for caregivers that their organization offers without charge.

### Wichita

The Wichita support group had 19 in attendance at the August 7<sup>th</sup> meeting. Elizabeth House, a registered Physical Therapist from "Our Lady of Lourdes Rehabilitation Hospital" which is a division of the Via Cristi medical system was the presenter. She not only outlined the importance of staying active and independent as long as possible, but also instructed care givers in ways to accomplish range of motion and other activities which would promote good circulation and decrease edema in dependant extremities. The September 4<sup>th</sup> meeting of the Wichita support group had 36 in attendance. Cindy Jones from Kansas Assistive Technologies demonstrated the new advancements in text to speech software and laptops. The Wichita Caregiver support group luncheon was held on August 23<sup>rd</sup> with a discussion of the emotional aspects of care giving and how easy it is to burn-out. The September Caregiver luncheon was held on September 20<sup>th</sup>, all current and former caregivers were encouraged to share their stories and thoughts.

### Hutchinson

At the August 13<sup>th</sup> Hutchinson support group there were 10 patients, family and friends in attendance. Most of the meeting was centered on Mobility and Assistive Devices. At the September 3<sup>rd</sup> support group meeting there were 11 in attendance. After one individual related a story about falling, the group reviewed some safety measures that become very important as arms weaken and can no longer protect in a bad fall.

### Springfield

The Springfield support group met on August 12<sup>th</sup> and discussed plans for the upcoming Walk to D'Feet ALS on October 11<sup>th</sup>. At the September 9<sup>th</sup> meeting, there were 12 in attendance to hear Linda Terry and Carol Chalfant, Speech Pathologists with Cox Medical Center North. They provided educational information regarding ALS specific communication and swallowing as well as augmentative and alternative communications.

### Joplin

The Joplin support group meeting, held on August 19<sup>th</sup> focused on resource sharing among families, patients, and providers. The group of 12 participants discussed utilization of services at the certified ALS Center in the University of Kansas Medical Center wherein patient and family needs are assessed by a host of different providers resulting in an integrated care service. At the September 16<sup>th</sup> meeting, Judith Peavey, with Assistive Technology from the Missouri Rehabilitation Center in Mt. Vernon, presented information on augmentative communication devices to the 11 attendees.

### Omaha

Thirteen people attended the August 14<sup>th</sup> meeting of the Omaha support group. Mark Zach from Schrier Ford presented on mobility motoring with adaptive equipment for vehicles and wheelchair accessible vans. At the September 11<sup>th</sup> meeting, there were 19 people in attendance. Bonnie Brown, a nurse with Alegent Health Home Care & Hospice presented information on palliative care, hospice, and Hospice House.

### Lincoln

There were 5 people at the August 20<sup>th</sup> Lincoln support group. The new Living with ALS video: Mobility, Activities of Daily Living, and Home Adaptations was viewed and discussed. The meetings are now in the Sheridan C Room at Madonna Rehab Hospital, 5401 South Street at 6:30 PM, every third Wednesday of the month (same time, same day).

## Fall Get Together

For Kansas City support group patients, family and friends

Saturday, October 25<sup>th</sup> - 11:30 am - 1:30 pm  
Shawnee Mission Park Shelter #8

Meat will be supplied -  
please bring a side dish of your choice.

RSVP before October 22<sup>nd</sup> by calling Gretchen @ (913)383-1228  
or emailing Lisa at pizzalisabarb@aol.com

## FOR SALE

## VANS

1991 Ford Econoline Conversion Van with wheelchair lift, 51, 432 miles. Good shape. Asking \$8,000 or best offer. Call Mark @ 402-351-3052 or 402-592-5163.

1993 Ford Econoline Mark III Van raised roof, lift on side, 74,700 miles. Great condition. Asking \$11,500. Call Angela @ 620-763-2621.

1994 Dodge Handicapped Modified Van 89,000 miles. Great condition. Asking \$10,000. Contact Diana @ 316-775-7701.

1996 Ford Econoline with lift, extended roof. 50,000 miles. Call Joan @ 913-385-1259.

1997 Ford Pinnacle Motor Home Ford F53 Chassi V8 7.5 liter gas engine, double rear end axle, new batteries, good generator, 22,250 miles, 33 ft. long. Blue interior with queen size bed. Call Chuck after 6 p.m. @ 785-459-2281.

1999 Dodge Conversion Van RAM 1500, w/ wheelchair lift and lock. 11,000 miles, perfect and loaded. Appointment only, call 913-469-4188.

1999 Ford F150 V8 Raised Roof Van w/ wheelchair tie downs. Remote for doors and lift, loaded. 39,000 miles. Call 913-287-7751 or 816-507-3728.

2000 Dodge Caravan IMS Rampvan 18,500 miles, fully loaded, lock down for wheelchair, still under warranty. Call Jeaneene @ 417-466-2907/ 417-466-1471. Email: GRANEENE1@aol.com

## WHEELCHAIRS

2002 Ranger X Electric Tilt Wheelchair joystick control, several speeds, neck support, carrier on back, barely used. Owner's manual included. Call 712-527-5475.

2002 Permobil Red Electric Wheelchair joystick, toggle switch with seat control. Positioning belt, chest strap, laptray, Roho cushion, battery charger. Only used 6 weeks. Call Anna @ 573-437-7586.

Quantum Jazzy 1400 Power Wheelchair 4 months old, great condition. \$3,000 or best offer. Call 417-865-2911.

Invacare Ranger X Wheelchair 18" seat with Ishdish pad, power reclining back & legs, 2 new batteries, charger & additional 16" molded back & seat. \$5,000. Call Bob @ 573-592-4013 or 573-659-6692 or email btphillips1@mchsi.com.

Invacare R2 Mid-wheel Drive Power Wheelchair 20" seat width, pressure relief seat cushion. Very tight turning radius. \$3,000 includes delivery to location in KC area. Call 913-631-5959.

Pride Jet 7 Motorized Wheelchair never used. 16.5" turning radius. Call 913-287-7751 or 816-507-3728.

Jazzy Red Electric Wheelchair can be disassembled and put in car. One year old, valued at \$6,000.00. Best offer. 913-772-7071.

Ranger II Electric Wheelchair fully adjustable. As new. Appointment only, 913-469-4188. Invacare Solara Wheelchair adjustable headrest, arm rests & leg supports. Tilt positioning chair with Avanti Curve Back & air inflated seats. Used only 6 weeks. Asking \$1,600 or best offer. Contact Don @ 402-488-5387 or dwoodbu@lps.org.

Invacare Reclining Manual Wheelchair with 18" seat width. Folding chair with removable headrest, flat free tires. \$600 or best offer. Call 913-631-5959.

Invacare Power Rolls Arrow Xt joy stick, indoor/outdoor modes, deluxe padded automotive style seat with pivot arms for easy transfer, battery charger included. Excellent condition. Best offer. Call 573-636-2550. Email sjeibold@mchsi.com (Jefferson City area).

Bruno Power Chair - PWC 2300 350 pound weight capacity, drop down controller, long trailing arm suspension, carry-along charger, 90 degree swivel seat, adjustable armrests, security key lock system, curb climbing height: 1:25", turning radius: 22". Used for only 3 months. Asking \$4,000. Contact Jeff Blair @ 402-614-5516.

Model 9000 Action Power Electric Wheelchair complete with two batteries and charger. Includes Owner's Operation and Maintenance Manual. Call 816-246-7761 or 816-564-4841.

1998 Electric Wheelchair Invacare Action Ranger II Storm Series loaded with gel seat remote programmer, joystick, switches, indicator, anti-tippers, adjustable high back/headrest recliner, standard and deluxe foot/leg rests and mirrors. 2 battery chargers, 1 used 24 volt, Action-Model18350 Invacare and one new/unused 24 volt dual mode automatic, Lester Electrical, Model-18350. Manuals included. Best offer. Call 785-272-3349.

Electric Wheelchair 2 yrs. old. Like new. Asking \$1,000. Call 913-362-2354.

Invacare Storm Wheelchair headrest, tilt, recline, a gel cushion seat, an oxygen holder and is set up for a vent tray. Call Jeaneene @ 417-466-2907 or 417-466-1471. Email:graneene1@aol.com.

## SCOOTERS

Three-Wheeled Little Rascal battery operated, goes up to 5 mph, has horn, \$1,900. Call 402-371-3763 and leave a message.

Rascal 200 Three-Wheeled Scooter red, slightly used. Swivel seat and flip up armrests. Battery operated. Retailed new for \$1,500. Asking price \$600 or best offer. Inquiries may call 913-341-5174.

Deluxe Rascal Scooter used only 6 times, \$2,000. Call 316-321-3494.

## LIFTS

Ricon S-Series Wheelchair Lift for van rear access. Load capacity 800 lbs. Weight 325 lbs. Remote control with manual backup. Call 417-865-1977.

Silver Glide Stair Lift with battery pack back up. 18 foot track. Manufacturer - American Access Ind. Like new. Asking \$1,200. 816-943-8334.

## MATTRESSES &amp; CUSHIONS

Therapeutic Select Air Mattress has bed controls, barely used. \$1,500 or best offer. Call Milli @ 316-794-8834. Goodard, KS.

## BEDS

Hospital Bed, Serenity Home Care Bed by Medline 2 years old. Used only one year. Semi-electric. Paid \$1,800, asking \$500. Call Wendy @ 913-371-2238.

2 Adjustable Beds. Massage with timer, knee and head adjusts. Good condition. \$1,200 or best offer. Will sell together or separate. Call Judy Cervantes @ 816-455-0105.

## CHAIR GLIDES

2 Chair Glides for 12-13 steps. Manufacturer will re-install in the purchaser's home for approx. \$300. One and a half years old. Best offer. 913-772-7071.

**INCLUSION IN THE DIALOG IS NOT AN ENDORSEMENT FOR THESE PRODUCTS AND SERVICES.**

Please notify Suzanne at 913-648-2062, ext. 209 or sfrye@alsa-midwest.org if your item has been sold or should be removed.

The Chapter is proud to provide this newsletter at no cost.  
Please consider a voluntary subscription donation  
in the amount of \$24. Thank you.

**You can help support the programs of The ALS Association Keith  
Worthington Chapter by donating your used car.**

The Chapter accepts donations of vehicles in any condition. Our contracted processing company, Car Program LLC, will contact you to arrange for pickup of your vehicle and will provide you with a receipt for tax purposes. It's a great way to save yourself the hassle of selling or junking your used car, and The ALS Association Keith Worthington Chapter will receive the proceeds from the sale of the vehicle, after expenses. Please call the Chapter office at 800-878-2062, extension 211 for details.



## October & November Birthdays

Edna Leslie	October 1	Tommy Steckman	November 5
Joyce Kelley	October 2	Janice Proffitt	November 5
Fran Hoggatt	October 8	John Riddlebarger	November 5
Rodney Klein	October 9	Dorothy Barth	November 6
Dale Burns	October 10	Aaron Young	November 8
Scott Jennings	October 12	Gene Keltner	November 10
Ron Crane	October 13	Virginia Roberts	November 11
Debra Gregg	October 13	Daniel Stonecipher	November 11
Richard LaFevers	October 13	William Crumrine	November 12
Jo Baxter	October 14	Victoria Mando	November 14
Jerry Stewart	October 15	Jesse Adkins	November 14
Terry Morgan	October 16	Mary Stock	November 17
Jim Lyle	October 17	Tyler Hall	November 18
Jera Baer	October 19	Everett Smith	November 18
Bessie Moles	October 19	Donald Goaley	November 20
Jackie Hearne	October 23	Janice Medsker	November 22
Anna Twitchel	October 25	Barbara Tucker	November 23
Glen Ehrlich	October 26	Ann Ruskanen	November 24
Dan Smith	October 29	Delores Wetgen	November 24
Charles Colson	October 29	Sidney Watkins	November 25
Greg Oynby	November 1	Wilma Jean Seibold	November 27
Pamela Rayer	November 3	Rudolph Kurz	November 27
Robert Bischoff	November 4	Pat Hudek	November 28
Dean Roush	November 5	Fabien Vickrey	November 30

## Memorials

Thanks to the families of the following for designating our Chapter for donations:

<i>Robert Andahl</i>	<i>David Clark</i>	<i>James Osburn</i>
<i>Ruth Bowker</i>	<i>Rebecca Lubin</i>	<i>Charlene E. Westling</i>
<i>Jeff Christoffersen</i>	<i>Bessie Moles</i>	

## In Memorium

We send our sympathy & support to the families & friends of those who have recently died after battling ALS.

<i>Robert Andahl</i>	<i>Jack Kramer</i>	<i>James Osburn</i>
<i>Ruth Bowker</i>	<i>Vincent Kunzwiler</i>	<i>Elizabeth Penner</i>
<i>Jeff Christoffersen</i>	<i>Rebecca Lubin</i>	<i>Earl Sanders</i>
<i>David Clark</i>	<i>Betty McBride</i>	<i>Kathleen "Ivy" Sauer</i>
<i>Elaine Foster</i>	<i>Bessie Moles</i>	<i>Charlene E. Westling</i>

**\* FLU SHOTS \* FLU SHOTS \***

**\* FLU SHOTS \***

Respiratory illnesses are hard on those with ALS. We are approaching flu season. Ask your physician about getting a flu shot.

## EMAIL ADDRESSES AND PHONE EXTENSIONS TO BETTER SERVE YOU:

### Directors

*Kansas City* (913) 648-2062

**Beckie Cooper, Ext. 210**

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**Sally Dwyer, Ext. 212**

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sdwyer@alsa-midwest.org

**Dawn Oliver, Ext. 211**

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**Jim LeBow**

*President*

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### Patient Services

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**Sarah Tucker, Ext. 202**

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*Nebraska* (866) 762-6361

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**Dorothy Foulk**

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**Jean Haley**

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*Nebraska* (402) 991-8788

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**Mac McCartney and**

**Larry Freund**

*Wichita* (316) 612-0188

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kwille@alsa-midwest.org

**Chapter Website**

www.alsa-midwest.org

**National Website**

www.alsa.org

**THE DIALOG**

Keith Worthington Chapter  
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Prairie Village, KS 66206

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**8 • THE DIALOG**

O C T / N O V 2 0 0 3

**October Support Groups**

- 1 Hutchinson 2 p.m.
- 2 Wichita 7 p.m.
- 2 KC Night 7 p.m.
- 9 Omaha 7 p.m.
- 11 KC CG 12:30 p.m.
- 14 Springfield 7 p.m.
- 15 KC Day 2 p.m.
- 15 Lincoln 6:30 p.m.
- 20 Topeka 7 p.m.
- 21 Joplin 1 p.m.
- 25 Wichita CG 11 a.m.

**November Support Groups**

- 4 KC Night 7 p.m.
- 5 Hutchinson 2 p.m.
- 6 Wichita 7 p.m.
- 11 Springfield 7 p.m.
- 13 Omaha 7 p.m.
- 14 KC CG 12:30 p.m.
- 17 Topeka 7 p.m.
- 18 Joplin 1 p.m.
- 19 KC Day 2 p.m.
- 19 Lincoln 6:30 p.m.
- 22 Wichita CG 11 a.m.

**December Support Groups**

- 2 Salina \*
  - 3 KC Night & Day \*
  - 3 Hutchinson
  - 4 Omaha \*
  - 4 Wichita \*
  - 9 Springfield \*
  - 9 Columbus \*
  - 12 Kansas City CG
  - 15 Topeka
  - 16 Joplin \*
- \* See page 3 for details

**KC Night SG**  
2<sup>nd</sup> Presbyterian Church  
55<sup>th</sup> & Oak

**KC Day SG**  
Village Presbyterian Church  
66<sup>th</sup> & Mission Road

**KC Caregivers SG**  
ALS Office - Must RSVP  
8340 Mission Rd., Ste. B-4

**Wichita, KS SG & Caregivers SG**  
Grace Presbyterian Church  
5002 East Douglas

**Hutchinson, KS SG**  
Grace Episcopal Church  
20<sup>th</sup> & Main

**Salina, KS SG**  
Christ the King Lutheran  
111 W. Magnolia Street

**Topeka, KS SG**  
Topeka Association for Retarded  
Citizens - main entrance  
2701 SW Randolph

**Lincoln, NE SG**  
Madonna Rehab Hospital  
5401 South Street  
Sheridan C Room

**Omaha, NE SG**  
St. Pius X Parish Center  
6905 Blondo Street

**Springfield, MO SG**  
Cox Medical Center South  
3801 South National Ave.

**Joplin, MO SG**  
YMCA - 3404 W. McIntosh Circle  
Room A, South Branch

With Offices in the Following Cities, Contact the Office Nearest You!

<b>Kansas City</b>	<b>Nebraska</b>	<b>Springfield</b>	<b>Wichita</b>
Linnea Brandt & Nancy Lindquist	Sonya Glenn	Dorothy Foulk	Jean Haley
<b>(800) 878-2062</b>	<b>(866) 762-6361</b>	<b>(888) 386-1200</b>	<b>(800) 553-9056</b>